



4. Stadtlauf Bad Tennstedt

Bad Tennstedt / 14.09.2019

Detailed evaluation

Dembeck, Nils

Club: DaRoTel

Number: 5

Course: 10.00 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 44:10

Speed: 13.58 km/h

Running performance: 4:25 min/km

Rank in course/Total: 4 (of 38)

Rank in course/Men: 4 (of 34)

Best time in course: 34:27

Rank in category: 1(of 8)

Best time in the category: 44:10